



Central Otago Cross Country Championships
Wednesday 14th August 2019
PP Day Friday 16th August 2019
Monks Farm - Arrowtown

This is a COPSSA event and is not sanctioned by Athletics New Zealand

Entries

- All year group races are separate.
- All runners need to be able to run the distance comfortably without stopping.

CATEGORY	MAXIMUM ENTRIES (PER ZONE)
YEAR 5 GIRLS	10
YEAR 5 BOYS	10
YEAR 6 GIRLS	10
YEAR 6 BOYS	10
YEAR 7 GIRLS	10
YEAR 7 BOYS	10
YEAR 8 GIRLS	10
YEAR 8 BOYS	10

- Entry fee is **\$3 per child**.
- Each school will be invoiced by COPSSA.
- Closing date for entries is **Friday 9 August at 4:00pm**.
- Entries will be completed by the runners school via a Google Entry Sheet.
- **No gaps on entry form. Please ONLY use drop boxes under category and school.**

Registration

- We will be using transponders.
- The team manager of each school will be given a box of transponders at registration.
- Transponders are to be put on the left ankle.
- The transponder number must be assigned to the correct runner.
- Team managers also need to ensure the race number is written on runner's right hand in permanent marker.
- Transponders will be collected at the finish line in a designated green bin.

Venue

- Monks Farm, Arrowtown – just before Arrowtown boundary coming onto Centennial Drive from the Cromwell side.
- [Location Map](#)

Course

- Farm land with hills, mud and lots of cow dung! A change of shoes and clothes is a good idea.
- Distance - Yr 5 and 6 approx. 1800m; Yr 7 and 8 approx. 2.5km.
- [Course Map.](#)

Postponement Date Friday 16th August 2019

- The cross country will only be postponed if weather and road conditions are really bad - refer to COPSSA Postponement and Cancellation Policy.
- A notice will be put on the COPSSA Website <https://copssa.nz/> by 8:00am on the morning of the event advising if the cross country is on or postponed.
- School Sports Coordinators will also be emailed if postponed and it will be up to individual schools to inform their parents.

Run Sheet

*** Important - times are approximate so please be ready for races early!**

- 10.15am – Registration (*Managers collect transponders and put them on runners*)
- 10.45am – Walk the track
- 11.15 am – Briefing
- 11.30am – Yr 5 Girls
- 11.40am – Yr 5 Boys
- 11.50am – Yr 6 Girls
- 12.00pm – Yr 6 Boys
- 12.10pm – Yr 7 Girls
- 12.20pm – Yr 7 Boys
- 12.30pm – Yr 8 Girls
- 12.40pm – Yr 8 Boys
- 1.00 pm – Prize Giving

Awards

- Medals will be awarded to 1st, 2nd, 3rd Individuals in each category race.
- Trophies will be awarded to the winning team in each category race. The first 3 runners across the finish line from each Zone make up a team. Team members placings are added up to determine 1st, 2nd and 3rd teams. The team with the lowest points will be the winner of the category.

Catering

- Arrowtown School will provide a sausage sizzle and home baking for sale.
- Menlove Ice Cream will be onsite - coffee and ice cream will be available for purchase, so bring some pocket money.

Toilets

- Portaloos onsite.

First Aid

- St John will be onsite.

Parking

- **Cars** - please park inside the venue at Monks Farm in the designated parking area, to stay off the verge of the main road. There will be signage guiding you to the parking area.
- **Buses** - can stop outside the venue to drop off, then move off the side of the road to park until pick up.

Marshals

Each Zone is to provide 4 Marshals and email names to...[Greta Mason](#)... by12th.... August.

Otago Champs

- *Friday 30th August 2019, Dunedin - info sent to schools by OPSSA.*
- *It is up to individual schools to enter this event if they wish.*

Any Queries - please email paul.winders@arrowtown.school.nz and gretam@wanaka.co.nz

Paul Winders
Sports Coordinator - Arrowtown School

Greta Mason
COPSSA Regional Sport Director